

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ONGOING ACTIVITIES
<p>30 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH)</p> <p>June Continued</p>		<p>Onsite Provider Visits</p> <ul style="list-style-type: none"> Hearing Clinic, 9 am Wednesday, June 5 & 19 Foot Clinic, 9 am Wednesday, June 19 Glasses Clinic, 9:30 am Thursday, June 27 	<p>ART–Durango Room ALR–Alpine Living Room BIS– Bistro CEN–Centennials FEL–Fellowship Hall LIB–Library MM–Molly’s Mercantile</p>	<p>SIL–Silverton Gallery SG—Suites Garden TC–Town Center TLR–Timbers Living Room TH–Theatre TS–Timbers Salon WC–Wellness Center</p>	<ul style="list-style-type: none"> In House Special Events, Concerts, & Speakers Excursions Requiring Sign-up Suites Special Events Documentaries/Videos 	<p>1 9:30 Yoga with Maire (WC) 1:15 Littleton Town Hall Arts Center Presents: <i>Sister Act</i> 3:00 Saturday Documentary: <i>Troubadours</i> (TH) 3:00 Classical Guitar with Lorian Bartle (ALR)</p>	<p>EXERCISE CLASSES</p> <p>Personal Training (FC) Mon, Wed, Fri 7:30 am</p> <p>Life Moves (WC) Mon, Wed, Fri 8:00, 9:00 & 10:00 am</p> <p>Balance Class (WC) Tues & Thu 12:15 pm</p> <p>Strength & Conditioning (WC) Tues & Thu 3:00 pm</p> <p>Chair Yoga (WC) Thu 9:00 am, Sat 9:30 am</p> <p>SPIRITUAL SERVICES</p> <p>Bible Study (SIL) Tuesday 3:30 pm</p> <p>Spiritual Video Series (FEL) Wed 3:30 pm</p> <p>Catholic Mass (TH) 2nd Friday 10:00 am</p> <p>Catholic Communion (TH) Fri 10:00 am</p> <p>Chapel (FEL) Sunday 9:15 am</p> <p>SOCIAL TIME</p> <p>Donut Wednesdays (BIS) Wed 10:00 am</p> <p>TGIF Social Hour w/entertainment (TC) 3rd Friday 4:00 pm (with exceptions)</p> <p>Morning Social (BIS) Sunday 10:15 am</p> <p>CARDS & GAMES</p> <p>Pickleball (WC) Tuesday 9:00 am</p> <p>Cribbage (SIL) Tuesday 7:00 pm</p> <p>Party Bridge (SIL) Wednesday 1:00 pm</p> <p>Mexican Train (SIL) Wednesday 7:00 pm</p> <p>Scattergories (ART) 1st/3rd Thu 11:00 am</p> <p>Rummikub (SIL) Thursday 7:00 pm</p> <p>Hand and Foot (ART) Friday 7:00 pm</p> <p>Scrabble (SIL) Saturday 1:00 pm</p> <p>MISCELLANEOUS</p> <p>Movie & Popcorn (TH) Sunday 3:00 pm</p> <p>Sunday Community Concert (FEL) Check calendar for date 6:00 pm</p> <p>iPhone & iPads 101 (ART) Mon 10:00 am</p> <p>Brain Boosters (WC) Monday 1:30 pm</p> <p>Monday Musical (TH) Monday 7:00 pm</p> <p>Coupon Clippers (ART) Tues 9:30 am</p> <p>Tuesday Classic Film (TH) Tues 7:00 pm</p> <p>10 on 10 with Patrick (TH) Thu 10:00 am</p> <p>Thursday Night Movie (TH) Thu 7:00 pm</p> <p>ARTS</p> <p>Needles & Threads (SIL) Tuesday 1:00 pm</p> <p>Knit Wits (ART) 4th Saturday 10:00 am</p> <p>Holly Creek Bell Ringers (FEL) Thursday 10:00 am</p> <p>Duets Piano Practice (FEL) Fridays 2:00 pm</p> <p>Artists Studio-Intermediate (ART) Mondays 1:00 pm</p> <p>Artists Studio-Beginner (ART) Fridays 1:00 pm</p>
<p>2 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH)</p>	<p>3 10:30 World Religions: <i>The Unitarian Universalist Association</i> (FEL) 1:00 Pinochle (ART) 1:30 Brain Boosters (WC) 2:00 Building, Grounds & Safety Committee (SIL) 3:00 Low Vision Group (SIL)</p>	<p>4 8:30 Denver Botanic Gardens at York Street 10:00 Cottage Ladies Coffee Social (SIL) 1:30 Dangerous Animals of Asia: <i>Wrong Place, Wrong Time</i> (TH)</p>	<p>5 10:30 Dangerous Animals of Asia: <i>Jaws and Claws</i> (TH) 1:30 Dining Services Teaching Kitchen: <i>Building a Better Salad</i> (FEL) 3:00 Baby Goat Bonanza! (TIM GARDEN)</p>	<p>6 10:00 10 on 10 with Patrick: <i>Ten Most Intense U.S. Battels</i> (TH) 11:00 Scattergories (ART) 1:00 Card Making (ART) 2:30 Card Making (ART) 2:00 L.E. Planning Hour (SIL) 6:45 Lamont Symphony Orchestra & Choirs Spring Concert</p>	<p>7 11:00 The Learning Brain: <i>Psychology of Skill Learning</i> (TH) 1:00 Park Meadows Shopping Center 1:30 Dangerous Animals of Asia: <i>Chemical Warfare</i> (TH) 3:00 Low Hearing Group (FEL)</p>	<p>8 9:30 Yoga with Maire (WC) 10:30 Beading and Bracelets with Jan Kershner (ART) *\$5/bracelet 3:00 Saturday Documentary: <i>Gettysburg</i> (TH)</p>	
<p>9 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH)</p>	<p>10 10:00 Travels with Toni: <i>The History of The American Flag</i> (TLR) 10:30 Wired Word (FEL) 1:00 Pinochle (SIL) 1:30 Brain Boosters (WC) 3:15 World Issues: <i>The Legacy of WWI</i> (FEL)</p>	<p>11 10:00 Bookmobile (LIB) 10:30 Spiritual Video Series (ALR) 11:00 St. Gabriel’s Worship Service (TH) 1:30 Dawn & Steve Broadway Show Presents: <i>Carousel</i> (FEL) 3:30 Dangerous Animals of Asia: <i>Fact or Folklore</i> (TH)</p>	<p>12 10:30 Dangerous Animals of Asia: <i>Accidental Assassins</i> (TH) 10:00 Colorado Watch Company Battery Clinic (MM) 1:30 Photos & Stories of Mexico Mission Trip 2019 with Jim Kok (FEL) 3:30 Vanishing Grace Spiritual Video Series (FEL)</p>	<p>13 10:00 10 on 10 with Patrick: <i>Ten Most Controversial Supreme Court Cases</i> (TH) 11:00 Successful Aging Committee (ART) 1:15 Colorful Coloradans in Aerospace History at Family Sports 2:30 Thursday Thespians Planning Meeting (SIL) 3:30 Music Bingo (FEL)</p>	<p>14 10:00 Duplicate Bridge (CEN) 11:00 The Learning Brain: <i>Language Acquisition</i> (TH) 1:00 Sheldon Jewelry Clinic (TC) 2:00 Curious Dragonfly Lifelong Learning: <i>Where in the World is Amelia Earhart?</i> (ALR) 3:30 Dangerous Animals of Asia: <i>Pretty & Painful</i> (TH)</p>	<p>15 3:00 Saturday Documentary: <i>Steve McQueen: American Icon</i> (TH) 4:00 Cottager Sponsored Concert Featuring Len Rhodes Trio (CEN PATIO)</p>	
<p>16 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH) 11:00-1:30 Father’s Day BBQ with Live Music By Nick Busheff (CEN)</p>	<p>17 10:30 World Religions: <i>Mormon History, PT 1</i> (FEL) 11:30 <i>A Day at the Track at Arapahoe Park Race Track</i> 1:00 Pinochle (SIL) 1:30 Brain Boosters (WC) 2:00 Travelogue to Zacatecas with Isobel (ALR)</p>	<p>18 8:00 Men’s Breakfast (FEL) 10:30 Spiritual Video Series (ALR) 2:00 Jim & Kent Sing-a-Long (TDR) 2:00 Town Hall Meeting (FEL) 3:30 Dangerous Animals of Asia: <i>Road Less Travelled</i> (TH)</p>	<p>19 10:30 Dangerous Animals of Asia: <i>Urban Jungle</i> (TH) 1:30 Music Appreciation: <i>Music of the Movies</i> (FEL) 2:00 Food Committee (CEN) 3:30 Green Team Meeting (ART) 3:30 Vanishing Grace Spiritual Video Series (FEL) 5:00-7:00 Holly Creek Annual Anniversary Luau (CEN)</p>	<p>20 10:00 10 on 10 with Patrick: <i>Ten Most Expensive Sports Franchises</i> (TH) 11:00 Scattergories (ART) 1:30 Watercolor Workshop (ALR) 2:00 Book Club (SIL) 3:00 Denver Decades: 1930-1960’s with Denver History Tours (FEL)</p>	<p>21 11:00 The Learning Brain: <i>The Neural Basis of Implicit Learning</i> (TH) 1:30 Nature’s Educators Present: <i>Radical Reptiles</i> (ALR) 2:00 Dangerous Animals of Asia: <i>Corner Me, I’ll Fight</i> (TH) 4:00 TGIF with Chris Hall (TC)</p>	<p>22 9:30 Yoga with Maire (WC) 10:00 Knit Wits (ART) 3:00 Saturday Documentary: <i>Free Solo</i> (TH) 6:45 Sound of the Rockies Presents: <i>Acappelloza</i> at Gates Concert Hall</p>	
<p>23 9:15 Chapel (FEL) 3:00 Movie & Popcorn (TH) 6:00 Community Life Concert Series Featuring: The Pan Jumbies Steel Pan Trio (FEL)</p>	<p>24 10:30 Wired Word (FEL) 1:00 Pinochle (SIL) 1:30 Brain Boosters (WC) 12:45 <i>Unconventional Women of the West</i> at Koelbel Library 3:00 World Issues: <i>Leonardo Da Vinci</i> (FEL)</p>	<p>25 10:00 Bookmobile (LIB) 10:00 PEO Social (FEL) 10:30 Spiritual Video Series (ALR) 11:00 Writers Circle (SIL) 1:00 Hospitality Committee (ART) 2:00 Holly Creek Annual Dog Show (FEL)</p>	<p>26 10:30 Dangerous Animals of Asia: <i>The Bold & the Brutal</i> (TH) 1:30 Total Joint Replacement with Infinity Rehab (FEL) 5:00 Dinner at Perfect Landing 5:00-7:00 Encore Presents: JAZZ, an Elegant Evening (CEN)</p>	<p>27 10:00 10 on 10 with Patrick: <i>Ten Deadliest Spiders</i> (TH) 12:45 <i>Unconventional Women of the West</i> at Koelbel Library 1:30 Creative Crafting with Sarah: 4th of July Fun (ART) 2:30 Thespians Perform: <i>The Would be Gentleman</i> (FEL) 3:30 Dangerous Animals of Asia: <i>Big, Banded & Billed</i> (TH)</p>	<p>28 10:00 Duplicate Bridge (CEN) 11:00 The Learning Brain: <i>Strategies for Effective Skill Learning</i> (TH) 2:00 Catholic Mass (TH) 3:30 Dangerous Animals of Asia: <i>Fearsome Finalists</i> (TH)</p>	<p>29 9:30 Yoga with Maire (WC) 10:00 Knit Wits (ART) 3:00 Saturday Documentary: <i>The Inventor: Out for Blood in Silicon Valley</i> (TH)</p> <p>Continued at top</p>	

EVENT DESCRIPTIONS

Mon, June 17: Travelogue to Zacatecas with Isabel, 2:00 pm, ALR

Mexico is packed with culture and history. Its pre-Hispanic civilizations built some of the world's great archaeological monuments, from Teotihuacán's towering pyramids to the exquisitely decorated Maya temples. Please join Isabel for an armchair tour of the region of Zacatecas in this enchanting country.

Tue, June 18: Men's Breakfast, 8:00 am, FEL

This month we welcome yet another engaging and informative speaker for our monthly series. At printing time, specific information was not yet available. Continue to watch Channel 22 for updates about who will be joining us in June. Breakfast is provided so an RSVP is **required** by signing up at the concierge desk **NO LATER THAN** Sunday, June 16! Ladies, please join us for the program at 8:30 am.

Wed, June 19: Music Appreciation: The Music of Movies, 1:30 pm, FEL

Music and the movies have always gone together. Even silent films were accompanied by a live piano or organ -- or even a small orchestra. Movies and music have remained inseparable, and some of the greatest melodies have been written to accompany the action on the silver screen. Join Active Minds as we explore this delightful genre. No prior musical or movie knowledge is required—only a curiosity and love of both.

Thu, June 20: Book Club, 2:00 pm, SIL

In June we will read *The Newcomers: Finding Refuge, Friendship and Hope in America* by local author Helen Thorpe, the award-winning author of *Soldier Girls* and *Just Like Us*. *Newcomers* is an "extraordinary" account of refugee teenagers at a Denver public high school and their compassionate teacher and "a reminder that in an era of nativism, some Americans are still breaking down walls and nurturing the seeds of the great American experiment." Shirley Calhoun will lead the lively discussion, assisted by the author, Helen Thorpe. All Holly Creekers are welcome.

Fri, June 21: Nature's Educators: Radical Reptiles, 1:30 pm, ALR

Learn how to identify some of the amazing reptiles and amphibians that live in our very own state! We will bring six native reptiles for you to meet and learn about their habitats, diets, defenses, conservation, and more!

Thu, June 20: Denver Decades: 1930-1960's with Denver History Tours, 3:00 pm, FEL

What a difference thirty years can make! From 1930 to 1960, Denver raced toward the suburbs, silenced the clang-clang of the streetcar, and marched both upward and into the wider world. Join Denver History Tours for an exploration of an amazing thirty years in Denver's history and built environment. In one lifetime, the city dressed itself in plenty even as storm clouds began to appear on the horizon. Whether you lived it or not, let's seek out the scenes of three decades straddling the center of a dynamic century!

Mon, June 24: World Issues: Leonardo Da Vinci, 3:00 pm, FEL

The Inventor, artist, scientist, engineer, architect, philosopher, and more. Leonardo da Vinci was a true "Renaissance Man" and a clear creative genius. Join Active Minds as we review his life, work, and lasting impact. This program makes an excellent primer to a visit to the da Vinci exhibit at the Denver Museum of Nature & Science running March 1 through August 25, 2019.

Wed, June 26: Total Joint Replacement with Infinity Rehab, 1:30 pm, FEL

Total joint replacements are usually elective surgeries to replace painful, degenerative joints in our bodies including knees, hips and shoulders. We will also be discussing other common orthopedic surgeries in older adults including back and spine surgeries as well as care and prevention before getting a joint replacement and rehabilitation after surgery. Join us to learn more about total joint replacements!

Thu, June 27: Thursday Thespians Present: The Would Be Gentleman, 2:30 pm, FEL

The play takes place at Mr. Jourdain's house in Paris. Jourdain is a middle-aged "bourgeois" whose father grew rich as a cloth merchant. The foolish Jourdain now has one aim in life, which is to rise above this middle-class background and be accepted as an aristocrat. He applies himself to learning the gentlemanly arts and in doing so he continually manages to make a fool of himself, to the disgust of his hired teachers and his intelligent wife. Madame Jourdain, sees that he is making a fool of himself and urges him to return to his previous middle-class life, and to forget all he has learned. But will he listen or continue his quest toward aristocracy, dragging his family with him? Join our thespians this month to find out!

EVENT DESCRIPTIONS

Starting Tue, June 4, 72 Dangerous Animals of Asia, 1:30 pm, TH (see calendar for other dates/times)

Across the vast Asian continent, stretching from the Middle Eastern deserts to the jungles of Southeast Asia, some of the most lethal and dangerous animals can be found. From the deadly Komodo dragon to the deadliest of them all, the King Cobra, Asia is home to some of the most dangerous animals in the world. Big cats such as the Bengal tiger and the Asiatic lion roam the jungles and scrublands, and even more dangerous are the vast variety of venomous snakes which can kill with a single sting. But which creature will be crowned the fiercest of all?

Wed, June 5: Dining Services Teaching Kitchen: How To Build A Better Salad, 1:30 pm, FEL

Fresh vegetables and fruits, whole grains, lean proteins — these are the building blocks of a balanced diet but getting enough of the right kind of nutrition into your daily regimen can prove challenging. Current guidelines call for 3 to 5 servings of vegetables and 2 to 4 servings of whole fruits a day, but few of us meet this goal on a daily basis. Join Chef Ben and other members of our dining services team as they share tips and tricks for building a better salad!

Thu, June 6 & 20: Scattergories, 11:00 am, ART

Join us for this fun, creative thinking category-based game where the objective is to score points by uniquely naming nouns within a set of categories in a designated time frame! What can you think of that no one else would think of to score points? Have a great time and meet some new people. All are welcome to join and give it a try!

Mon, June 10: Toni's Traveling Table: The History of the American Flag, 10:00 pm, TLR

On June 14, 1777, the Continental Congress passed an act establishing an official flag for the new nation. The resolution stated: "Resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation." Join Toni as she shares the fascinating history of our flag; the battles its survived, songs its inspired and evolution in response to the growth of the country it represents.

Mon, June 10: World Issues: The Legacy of WWI, 3:15 pm, FEL

As we mark the hundred year anniversary of the Treaty of Versailles and the end of World War I, join Active Minds for a look at how the agreements made at the Paris Peace Conference after "the Great War" sowed the seeds of conflict soon thereafter, as well as to the present day.

Tue, June 11: Dawn & Steve Broadway Show: Carousel, 1:30 pm, FEL

Not your typical 1950s musical, this often overlooked Rodgers and Hammerstein classic takes an abusive husband and gives him one last chance to make things right with his wife and newborn daughter. Follow Billy, a lowlife carny barker, and Julie, an innocent girl who's fallen for the wrong guy. After getting himself killed, Billy is allowed out of purgatory for one last shot at redemption.

Wed, June 12: Photos & Stories of Mexico Mission Trip 2019 with Jim Kok, 1:30 pm, FEL

The Adult Mexico Mission Team from Hope Christian Reformed Church helped to build a two-story classroom building at the Emanuel Church in Valle Verde, Tijuana in March, 2019. Join Jim Kok for photos, video and uplifting highlights of this wonderful trip he takes annually to bless the lives of those who need it.

Thu, June 13: Music Bingo!, 3:30 pm, FEL

Music Bingo is very simple and fun to play and has the added benefit of being good for your brain too! Each player receives a laminated bingo card and dry erase marker. The host plays clips from some of your favorite songs and you find and mark the songs on your Bingo Card. The first player to get 5 in a row has Bingo and wins the prize for that round. Wait! Did you say prizes? Yes, a prize is given to each bingo round winner. For even more fun, fantastic mid round challenges help keep you engaged and energized throughout the show.

Fri, June 14: Curious Dragonfly Lifelong Learning: Where in the World is Amelia Earhart, 2:00 pm, ALR

Amelia Earhart is known as an aviation pioneer, and the most famous female pilot who ever lived. She was only the 16th woman to be issued a pilot's license. Her dream was to successfully fly around the globe. This dream would soon end tragically, and forever be known as her final fight. Modern forensics continue to research what they consider the most likely final resting place of Amelia Earhart. Artifacts were discovered on the remote island of Nikumaroro, located on the southwestern Pacific Republic of Kiribati. But other possibilities remain. What do you think happened to Amelia Earhart's plane? Join Trina as we look through the data and seek to find an answer!



MASTERPIECE... YOUR LIFE'S BEST WORK!

How to Improve Your Memory (Even if You Can't Find Your Car Keys)

By Adam Grant- Organizational psychologist at Wharton College, April 12, 2019

Incredible memory capacities are latent inside all of us — we just have to use the right techniques to awaken them. Here are a few tips to help retain and recall something you have learned.

First: Rest your brain after learning something new. In a series of experiments, students listened to stories and then took a test of how much information they remembered an hour later. Their recall spiked by 10 to 30 percent if they had been randomly assigned to sit and do nothing in a dark, quiet room for a few minutes right after hearing the story. Your mind needs rest and space to consolidate and store information. That's especially true for people who have memory difficulties: When the same experiment was done with patients who had suffered strokes and other neurological injuries, resting improved their recall to 79 percent from 7 percent.

Second: Don't bother with rereading or highlighting. Research reveals that they don't help much; they're too passive. Instead, try something active: quiz yourself. Comprehensive evidence shows that taking practice tests leads to better retention than any other technique. When you retrieve knowledge from your mind over and over again, you know where to find it the next time, and you quickly discover where the gaps in your memory are.

Third: Tell someone. In a recent experiment, people learned about sound waves and the Doppler Effect. (You know, the phenomenon that causes the siren on a police car to be high-pitched as it approaches you and drop as it passes you). At the end of studying, the participants were randomly assigned to deliver a lesson on the material with or without notes. A week later, they came back and had to take a surprise test on their recall. The ones who had taught the lesson without notes did better.

Having to describe the Doppler Effect in their own words made it stick. The best way to learn something truly is to teach it — not just because explaining it helps you understand it, but also because retrieving it helps you remember it.

Adam Grant, an organizational psychologist at Wharton, is the author of "Originals." For more on building your career and connections, listen to WorkLife with Adam Grant, a TED original podcast on the science of making work more fun. You can find WorkLife on Apple Podcasts, or on your favorite podcast platform.

CREEKSIDE CHAT WITH J.P. MAROSY



"I wonder what it would be like to live in a world where it was always June."

- L. M. Montgomery

June is my favorite month. In childhood, June was the month when school let out and summer vacation began. Later in life, I eagerly awaited June's blue skies and puffy white clouds – and another season of fly fishing on the famed trout streams in the Catskill mountains of New York State.

Here in the Rockies, June ushers in the warm of summer. The rivers swell with snow melt – and we anglers head up stream to headwater creeks where the water is clear and safely wadable. Any way you cut, June is still a lot of fun for me.

Here at Holly Creek, we are continuing our year-long conversation about our collective vision for our community's future. I've spoken with many residents and staff members, one-to-one and in small groups. What do you think of our draft vision statement (see below)? Drop me a line! Or catch me for a cup of coffee at the Bistro. I would love to hear your thoughts!

VISION: Holly Creek is a community that lives in harmony, connection, and awareness.

Speaking of the Bistro, I want you to know that, in response to numerous resident requests, we are expanding hours of operation to include weekends. On Saturdays, the Bistro will be open 9:30-11:30 am, offering self-service with coffee and tea only – as well as pre-packaged items from the snack stand. Purchase of these items will be on the honor system, with a log-in book where visitors will record the items consumed. The Saturday arrangement is an experiment. As long as the honor system works, we'll continue it. On Sundays, we'll be offering the full Bistro menu with staffing and open hours from 7:00 am—4:00 pm.

Outside, you will see workers busily moving about the Holly Creek campus this month, painting, refurbishing, and improving many aspects of our physical plant as part of this year's million dollar investment in capital improvements. We ask your patience and understanding as we make these improvements to further enhance the quality of life for all of us.

Executive Director, John Paul Marosy

EXCURSIONS

Saturday, June 1st (HA)

Town Hall Arts Center Presents: *Sister Act*

Depart at 1:15 pm. Tickets: \$33.

Sign up is full. Waitlist available.

Exertion Level: 1-2

Tuesday, June 4th (HA)

Denver Botanic Gardens at York Street

Depart at 8:30 am. Tickets: FREE.

Sign up now through Friday, May 31st.

Exertion Level: 3

Thursday, June 6th (HA)

Lamont Symphony & Choirs Spring Concert

Depart at 6:45 pm. Tickets: FREE.

Sign up is full. Waitlist available.

Exertion Level: 1-2

Thursday, June 13th (HA)

Colorful Coloradans in Aerospace History
at Family Sports Center

Depart at 1:15 pm. Tickets: FREE.

Sign up now through Friday, June 7th.

Exertion Level: 1-2

Monday, June 17th (HA)

A Day at the Track at Arapahoe Race Track

Depart at 11:30 am. Tickets: \$23.

Sign up is full. Waitlist available.

Exertion Level: 2-3

Saturday, June 22nd (HA)

Sound of the Rockies Presents:

Acappelloza at Gates Concert Hall

Depart at 6:45 pm. Tickets: \$33.

Tickets Purchased. Waitlist available.

Exertion Level: 2-3

Wednesday, June 26th (HA)

Dinner at Perfect Landing

Depart at 5 pm. Bring \$ for dinner.

Sign up is full. Waitlist available.

Exertion Level: 1-2

Thursday, June 27th (HA)

Koelbel Library Presents:

Unconventional Women of the West

Depart at 12:45 pm. Tickets: FREE.

Sign up is full. Waitlist available.

Exertion Level: 1-2

UPCOMING EXCURSIONS

Excursion Sign Up Procedures:

1. Sign up for excursions right away to guarantee a spot by calling 720-266-5666. You must dial ALL 10 digits.
2. Spots are filled as calls are received. All those who call the reservation line will receive a Grand Care message notifying you to check the Excursion Reservation Binder in order to determine whether you are confirmed or on the waitlist.
3. Check the 'Excursion Reservations' Binder located in the library often to check specific details and waitlist information.

Tuesday, July 2nd, 2019

Wings Over the Rockies Tour at Centennial Airport

Experience a unique attraction at Centennial Airport. A docent will lead us through the 19,000 square foot Boeing Blue Sky Aviation Gallery. Learn about the "sequence" of flight, from mission planning to career readiness. Witness the excitement and buzz of the second busiest general aviation airport in the United States. *Wings Over the Rockies* is a unique educational experience found nowhere else in Colorado.

Depart: 10:30 am, Tickets: \$10. Exertion Level: 2-3.

Sign-up will begin when the July Excursion Flyer is released.

Saturday, July 20th, 2019

Colorado Symphony Orchestra Presents: *Lunar Landing 50th Anniversary Celebration* at Boettcher Concert Hall

Join Director Brett Mitchell for a cosmic performance celebrating the 50th Anniversary of the Apollo 11 Lunar Landing with music from the legendary John Williams including selections from his unforgettable scores for E.T.: The Extra-Terrestrial, Close Encounters of the Third Kind, and Star Wars as well as contemporary American composers Mason Bates and James Beckel, all accompanied by stunning visuals and archival footage from the moon landing.

Depart: 6:30 pm, Tickets: \$32. Exertion Level: 1-2.

Sign-up will begin when the July Excursion Flyer is released.

Tuesday, July 30th, 2019

Central City Opera Presents: *Madama Butterfly*

Madama Butterfly traces a young geisha's life from her marriage to an American naval lieutenant at 15 years old, through determined motherhood, to an ultimate reclamation of self through her culture's lethal code of honor. Audiences can rarely experience Puccini's achingly beautiful opera in a venue as intimate as Central City Opera's 550-seat jewel box theater. Sung in Italian with Supertitles in English.

Depart at 12:45 pm. Tickets: \$26. Exertion Level: 2-3.

Sign-up will begin when the July Excursion Flyer is released.

SHINE ON THERAPY

Avoid Chronic Disease With Regular Physical Activity

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control, and overall quality of life.

The second edition of the *Physical Activity Guidelines for Americans*, reports that approximately 80% of US adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and improve many chronic conditions. America, it's time to get moving!

How Much Physical Activity Should I Do?

According to the guidelines, the following is recommended:

1. **Preschool-aged children** (ages 3 through 5 years) should be physically active at least for 3 hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.
2. **Children and adolescents** (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.
3. **Adults** should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least 2 days for muscle-strengthening activities. Adding more time provides further benefits.
4. **Older adults (ages 65 and older)** should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.
5. **Pregnant and postpartum women** who were physically active before pregnancy can continue these active ties during pregnancy and in the postpartum period, but they should consult their health care provider about any necessary adjustments.
6. **Adults with chronic health conditions and disabilities**, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a health care provider about the types and amounts that are appropriate for you.

How a Physical Therapist Can Help

Physical therapists are movement experts who optimize quality of life through prescribed exercise, hands-on care, and patient education.

After making a diagnosis, physical therapists create personalized treatment plans that help their patients improve mobility, manage pain and other chronic conditions, recover from injury, and prevent future injury and chronic disease.

Physical therapists empower people to be active participants in their own treatment, and they work collaboratively with other health professionals to ensure patients receive comprehensive care.

Reference: <https://www.moveforwardpt.com/Resources/Detail/avoid-chronic-disease-with-regular-physical-activity>

BIRTHDAYS COMMUNITY NEWS

Laura Rodriquez
 Tom Eggert
 Ken Gitzendanner
 Sue Mathiesen
 Patty Jo Tharp
 Ginny Morris
 Norma Burch
 Madge Morgan
 Connie Malone
 Dave Gibler
 Dan Parker
 Joan Jones
 Ed Kroon
 Sally Shuler
 Ahlean Wiley
 Ray Shelmire
 Barbara Gust
 Glenn Hill
 Marilyn Kristick
 Don Folsom
 Jeanne Wilde
 Sally Gibler
 Marion Woodward
 Evy Schaffer
 Phyllis Hutchins
 Ed VanBramer
 Ted Bailey
 Dean Baker
 Gail Davies
 Lavon Starr
 Sue Scott

Join us for the June birthday dinner courtesy of Dining Services, on Tuesday, June 11 from 5-7 pm. Please RSVP at the hostess stand!

A Message From the Holly Creek Green Team

Please pay attention when you dispose of recycling and trash. Read and follow any posted signs. Our recycling is being mixed. This is especially important in the Living Room before dinner. Empty beverage cups go into RECYCLING. Dirty plates and napkins go into TRASH! Thank you everyone for your efforts!

Cottagers Community Concert, Saturday, June 15 at 4 pm

This first courtyard concert of the summer season features an instrumental trio consisting of Len Rhodes on keyboard, Mark Jeffries on bass, Kevin Smith on drums accompanying singer Jennifer Federocko. The music will encompass Broadway classics and jazz standards. This concert will be held outside on the lovely Centennials patio. The cash bar opens at 3:15 pm and light bar snacks will be available on the tables.

Holly Creek Anniversary Luau, Wed., June 19 from 5-7 pm

Break out your grass skirts and coconut bras! You are invited to a Hawaiian Luau in Centennials to celebrate the 14th anniversary of Holly Creek. This event will include delicious food from your talented dining services team, including a Kalua pig, a variety of fruit, salads and other options and island entertainment by Rick Weingarten, master vibraphone player, and featuring Hula by Tehani's Hula Trio, an elegant and professional dance troupe bringing us the spirit of aloha! Sign-up is not required. Cost is \$22/person. The Grill will be closed this evening in order to accommodate what is sure to be a large crowd! Please remember that no outside guests are allowed.

Community Life Concert Series: Sunday, June 23 at 6:00 pm

The Pan Jumbies Trio, led by Colorado percussionist Don Prorak, has been around since 1991. This popular steel-pan band performs throughout the state of Colorado, as well as corporate events and private parties. The Pan Jumbies provide sounds featuring: Calypso, Soca, Reggae, Ska and Jazz. Join band members on Sunday, June 23 at 6 pm in Fellowship Hall for some island fun!

Tuesday, June 25: Holly Creek Annual Dog Show, 2:00 pm, Fellowship Hall

All residents, resident families, staff and volunteer pooches are encouraged to join us for this super fun event! Each leashed dog will be escorted around the "arena" for one lap and then have a chance to showcase a special talent before heading to the patio to await judging. Audience members will conduct the judging by voting for their favorite contestant. The doggy with the most votes will win a great prize full of dog-vetted treats. If you, or anyone you know, is interested please have them contact April Henderson for more details or to register at 720-266-5894 or ahenderson@clcmail.org. Registration deadline is Friday, June 21.

JUNE MOVIES * SUBJECT TO CHANGE * CONSULT CH. 22 FOR UPDATES

Sunday, June 2 – with popcorn
Stan & Ollie, 1 hr, 37 min, PG
 With their glory days as Hollywood's premier comedy team long behind them, Stan Laurel and Oliver Hardy begin a 1953 farewell tour of England and Ireland, reminding audiences - and themselves - of the magic of their partnership. Starring Steve Coogan & John C. Reilly

Thursday, June 6
The Longest Day, 2 hr, 58 min, G
 This Oscar-winning war epic chronicles World War II's harrowing D-Day invasion. Shot on the beaches of Normandy, France, the ambitious film attempts to cover the historic day from all perspectives, focusing on both sides of the conflict. Starring John Wayne & Henry Fonda.

Sunday, June 9 – with popcorn
First Man, 2 hr, 21 mins, PG-13
 This riveting story follows the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account told from Armstrong's perspective, based on the book by James R. Hansen, the film explores the triumphs and the cost - on Armstrong, his family, his colleagues and the nation itself - of one of the most dangerous missions in history. Starring Ryan Gosling & Claire Foy.

Thursday, June 13
Gloria Bell, 1 hr, 42 mins, R
 This English-language remake of director Sebastián Lelio's Chilean drama charts the life of Gloria, an aging divorcée who meets the disarming Arnold at a singles bar. But baggage from his tangled family relationships may upend their romance. Starring Julianne Moore & John Turturro.

Sunday, June 16 – with popcorn
A Dog's Way Home, 1 hr, 36 mins, PG
 Based on the beloved bestselling novel, A Dog's Way Home chronicles the heartwarming adventure of Bella, a devoted dog who embarks on an epic 400-mile journey home after she is separated from her beloved human. Starring Ashley Judd & Bryce-Dallas Howard.

Thursday, June 20
Isle of Dogs, 1 hr, 41 mins, PG-13
 Visionary director Wes Anderson's Isle of Dogs tells the story of Atari Kobayashi, 12-year-old ward to corrupt Mayor Kobayashi. When all the canine pets of Megasaki City are exiled to vast Trash Island, Atari sets off in search of his bodyguard dog, Spots. With the assistance of his newfound mongrel friends, he begins an epic journey that will decide the fate and future of the entire Prefecture. Starring Brain Cranston & Edward Norton.

Sunday, June 23 – with popcorn
The French Connection, 1 hr, 44 mins, R
 Tough-as-nails narcotics detective "Popeye" Doyle and his partner, Russo, are in hot pursuit of a suave French drug dealer who may be the key to a multimillion-dollar heroin-smuggling operation in this classic crime thriller inspired by true events. Starring Gene Hackjman & Roy Scheider.

Thursday, June 27
Tombstone, 2 hr, 10 mins, R
 Legendary marshal Wyatt Earp joins his brothers to pursue their collective fortune in the thriving mining town of Tombstone. Earp and his notorious pal Doc Holliday are called into action when a gang of rustlers begins terrorizing the town. Starring Kurt Russell & Val Kilmer.

Sunday, June 30 – with popcorn. **Forest Gump**, 2 hr, 22 mins
 Forrest Gump, a simpleminded man, finds himself in the middle of nearly every major event of the 1960s and '70s. Along the way, he makes friends, changes lives and yearns for his childhood sweetheart, Jenny. Starring Tom Hanks & Robin Wright.